

The Men's Fitness 2007 SPRING BREAK-OUT

Look Good...AND...have FUNCTION!!

Spring is here...and as the name of this article implies...its time to "break out" of your winter doldrums and gear up for the warm months ahead. What's that?? You're not satisfied with what a Winter's full of Beer Pong has done to your once impressive six pack?!? Your Spring Break trip is just around the corner and getting in shape, getting active, and getting the girls are high on your priority list right now (not necessarily in that order)!!? Well...then in that case, it's time to put down the Corona and pick up the pace. Class has begun and like it or not...this one is pass / fail only. Now you can drop out right now, grab one of those other fitness magazines, do the cookie cutter workout and go for the easy A...or you can read on and truly step to the head of the class. You see, looks alone won't cut it for this professor. Don't get me wrong, while helping you to strip away the fat and chisel out a body that will turn heads this vacation is an important goal, its not the only one. For true success, you're going to have to actually be able to USE what you've built. After all, what good is it to have a body worthy of the "girl reaction", but comes up lame or winded trying to chase them down?!? As the Physical Therapist and Assistant Strength Coach for one of baseball's best...the New York Mets, the line between form and function is never drawn. They go hand in hand. No matter what you choose to do for recreation, this program will help you to unlock the answers towards looking great, feeling better, AND playing your best. Volleyball, basketball, ultimate frisbee, swimming, surfing, baseball, hell...even beer pong...whatever it is that you want to get better at, this program will get you both LOOKING and PLAYING the part. That said, lets go over some of the critical components that will have you at the top of your game the minute you set your feet in the sand in a matter of weeks.

Ground Rule Single

No, I haven't been standing in the sun too long out at the ballpark and forgotten my baseball terminology. What I'm referring to here is a key component of this training program. The majority of all athletic activities are conducted, at least at some point, with your feet on the ground...or more specifically, one foot at a time, and in multiple planes. Running, leaping, lunging, sliding, to name a few...all depend on ground based, single leg, multiplanar stability, strength and function. No program that aims to develop sport specific strength is complete without including exercises that incorporate the above. The 3 Way RDL And Reach is a perfect example of a comprehensive exercise that not only gets virtually all of the muscles in the lower body firing on all cylinders, but has great functional transfer to the playing field, no matter what your sport of choice.

Reciprocal lacorpiceR

If you take nothing away from what I've written but one thing, let it be the concept of reciprocals. No, I'm not talking about those things that you briefly recall learning about in Algebra 101. Reciprocals as in reciprocal movement patterns, the preferred manner in which the body functions for most activities. You see, our bodies are neurologically

THE MISSING
LINK IN ALL OTHER
TRAINING
PROGRAMS!

FINISH
BY 1/14/07

CORE CONCEPT
OF
PROGRAM

KEY!!

cross-wired. We have an innate reflex that naturally causes one limb to flex as the opposite limb extends during most complex movements. Don't believe me? Try running by moving both arms or legs forward at the same time! I can guarantee you won't get very far, and I can sure as hell guarantee you won't look very graceful doing so. Or even more, when is the last time you saw a pitcher extend both arms towards the plate when releasing a pitch? And look at the legs. Which leg heads towards the plate with the throwing arm? That's right. The leg opposite the pitching arm. Crosswiring is predominant and natural, and should therefore be embraced in any complete sports training routine. Variations on old standbys such as the dumbbell row, tricep overhead extension, and dumbbell curl have resulted in three excellent exercises that are now not only different animals, but included in this program to take you yet another step closer towards ensuring you're the "Sultan of the Sand" this Spring instead of...well...eating it.

TOO SCIENTIFIC?

Flexion/Extension

WORKOUT PROGRAM MUST TEACH YOU THE WAY THE BODY MOVES!

Remember how I said that if you could take one thing away from what I've written to grasp and hold onto it would be reciprocal patterns? Ok, I lied...I want you to take away at least two things. This one is so important it actually forms the basis for how individual workouts are structured in this program. The training days are grouped into predominantly flexion or extension movements. Again, this is to take advantage of another natural tendency our bodies like to follow. A running back preparing for contact will make himself more compact by flexing the arms and clenching the ball tight to the chest, flexing the abs to round the torso, and get low to the ground by bending at the hips and knees. Without even thinking, the body prefers this flexion dominated posture for power. Now, look at a simple jump. It is an expression of power and explosive extension. Starting from the ground up, every muscle from the calves to the quads, to the hip and back extensors fire to send you soaring high to either block a volleyball, grab a rebound, or rob a homerun at the wall. The legs get taller and the arms get longer to provide those crucial extra inches that can make all the difference between making the play or kicking yourself for failing to. Pairing muscles that naturally prefer to work together makes more than good sense, it makes better athletes.

Core Curriculum

CORE, CORE, CORE!!!

Just as every class has a main theme on which all other subjects or topics relate, so do workouts, specifically those geared at improving athletic performance. Gym class was about fitness, Geography about the Earth, Sex Education about getting free condoms...you get the point. Well, functional training has to start with and revolve around the "core". Now understand, "core" doesn't just include the abs. It includes the glutes, hip rotators, obliques, and lumbar extensors as well. Since all movements occurring in the arms and legs are stabilized in these core muscles first, we want to make sure we simulate environments and positions that are likely to give the highest challenge to your stability to ensure these muscles are firing on all cylinders. Single leg training, compromised balance, and rotation are all ways to do this, and therefore, make up a good deal of the exercises you'll find in the next few pages.

NOTE TO SELF:

KEEP IT REAL!

NO NEED FOR PHYSICAL THERAPY "SPEAK"

The Physics of Fitness

Did I just scare you? I know, the word physics is enough to conjure up the fear of death and make you immediately stop reading and skip ahead, but bear with me. I only want to point out one principle of the science that, if embraced, can be the best training partner you ever had. I'm talking about gravity. Stripping all the complicated formulas and mathematical values away, you're left with a phenomenon that simply makes it easier for you to load your body like a spring waiting to be uncoiled. A loaded muscle can fire in a much stronger, dynamic and explosive manner to overcome the forces of gravity than one that is not loaded. Again, look at a simple jump. Try jumping from a standstill position, without first bending your knees. Forget it, you're not going to open anyone's eyes with a 3 inch vertical. Now, do it again by first squatting down and involving the arms. The difference is night and day. Understanding this concept and how you can use it to your advantage in your training routine will go a long way towards helping you soar to the top, while those that don't will be forever held down, or at least held back in their pursuit of an athletic body.

Teamwork

I don't care what your favorite sport or recreation is, the next time you play it, observe one thing for me. What percent of the time are you accomplishing the task by moving one muscle at a time? Alright, I won't waste your time...the answer is zero. Any sport that requires you to change direction, speed up, slow down, jump, swing, push, pull, even skip (though I wouldn't admit to that one), is incorporating numerous muscles at once, small and large to perform the task. The more complex the task, generally, the more muscle groups will be involved to assist. Though more efficient, these exercises are still physically and metabolically taxing. When done with high effort and/or high repetitions, these exercises do not only benefit your strength building pursuits but also your fat-burning ones as well. Jump squat supersets and high rep dumbbell swings, are more than capable of getting that heart pounding just a little bit harder inside the chest. A focus on multijoint exercises will not only give you more bang for your buck in your training routine, but speed your progress towards your development of a more athletic and aesthetic body. That said, lets get to the program!

Diet

Last but certainly not least is your diet. There is no way around the fact that when it comes to looking good and playing good, you definitely are what you eat. All the reciprocal exercises, core training, and multijoint movements in the world are not going to amount to much more than you having more athletic and quality muscle...held top secret for no one to see, by all the overlying fat. But more than that, proper nutrition will provide you with more sustained energy levels throughout the day, to allow for more productive workouts and an overall improvement in your state of mind. Without overcomplicating things, there are 7 crucial points that I emphasize with anyone looking to lean up and stand out. Let's take a look:

SO TRUE... SO WHY DO GUYS WASTE SO MUCH TIME ON ISOLATION EX?

BIG CONTRIBUTOR TO THE ATHLETIC, REPPED PHYSEQUE!

ADD SPACES B/W EACH #

1. 5 meals a day – Three large portions a day are not going to cut it. Your bodies ability to absorb and put to good use the necessary nutrients is much more easily accomplished in smaller meals spread throughout the day. Also, no skipping breakfast. It is perhaps the most important meal of the day, it gets the ball rolling and forgoing it is nothing less than a major error on your part.
2. Eat every 2-3 hours – Your key for sustained energy and favorable muscle building to body fat storage ratios. Think of the clock as your friend and nutrition coach. Your day starts when you get up and eat breakfast (I said it again!). From there you should aim to have something to eat in the form of a snack or a larger meal every 2-3 hours. In my opinion, the time of day you eat is totally irrelevant! If you're day starts at 11am because you've slept in after a long night, then you very well may be eating dinner at 11 at night. In fact, baseball players make a habit out of this, not eating until their game is over. Not to worry. It comes down to calories consumed vs. calories burned. Eating them on a different schedule is not going to be the undoing of your goals. Skipping meals altogether or waiting hours and hours between meals will be.
3. H2O often – I cannot stress it enough. Aim for at least 80-120 ounces of water a day. It helps to sustain energy levels, is favorable for protein synthesis, and assists virtually every biochemical process in the body to run at peak efficiency. While juice, milk, coffee, and shakes are all liquids...they are NOT water and do not count towards your daily intake requirements. Bottled, sparkling, mineral from the finest hills of North Dakota...I don't care...just drink water!
4. Watch your alcohol intake – I should have waited until number 7 to write this one, so you would hang with me throughout! But honestly, alcohol (whether beer or liquor) is extremely caloric and, unfortunately, all too comfortable going down. Liquid calories are the most dangerous kind, because you're not as aware of how many you're consuming when you're drinking them. However, at around 140 calories a beer...you might as well have had the double chocolate fudge brownie that your buddy's girlfriend was cooking up instead after you've knocked off the six pack. If you must, switch to lite beer. But preferably, cut back to at least half of what you normally drink and your waistline will thank you.
5. Limit your fats and make them good fats – On a gram per gram basis, fats are more than twice as caloric as either fats or proteins. Limiting their consumption will immediately help you to shave some excess calories without really missing them. Stay away from the obvious sources like mayonnaise, butter, whole milk, fatty cuts of meat, sweets, and most salad dressings...and instead opt for nuts, Omega-3 rich fish, flax oil and seeds.
6. Fiber rich carbs – Yes, complex carbohydrates are what you're after. But if you're still a little confused as to what exactly is and is not a complex carb, look for the fiber content. Eat carbohydrates that are high in fiber and you're more than likely to be eating what you should be. Whole grain rices and breads, crunchy raw vegetables, oatmeal, and beans to name a few, are all terrific sources of fiber. The fiber will help steady the rate of absorption, and therefore stabilize the blood sugar to minimize the chance of insulin spiking when eating.
7. Combine protein with carbs – As alluded to in the last point, its important to try and keep blood sugar and insulin levels steady throughout the day. This prevents

ALL FATS ARE NOT CREATED EQUAL!

NOTE TO SELF: MAKE SURE TO EXPLAIN A BIT MORE IN FINAL REVISION

IMPACTS G.I. GREATLY TO ↑ FAT BURN

appetite induced mood swings and yo-yo energy as the day wears on. Combining a good source of protein with a fibrous carbohydrate has an additive effect in helping the cause that consuming either one alone does not.

NOTE: REMEMBER TO ADD REST TIMES!

THE WORKOUT

Monday – Extension (Chest, quads, shoulders, triceps, calves, abs, low back)

- Lateral Plyopushups (12-15 reps) – SS w/ Reciprocal 1 Leg Cable Fly (12 reps) (Chest superset) – 4 sets
- DB Swings (Quads) – 2 x 20-30, 1 x 10
- Zig Zag Jumps with DB's (5 jumps fw/bw x 10) (Quads) – 3 sets
- DB Pivot Press (Shoulders) – 4 x 8-12
- Reverse Hyperextensions on Physioball (Low Back) – 3 x 12-15
- Prone Physioball DB Tricep Kickbacks (Triceps) – 4 x 8-12
- Backwards Overhead Cable Kick Outs (Abs) – 3 x 16 (8 each leg)

GENERALLY 30-60 SEC. B/W EACH SET!

BIG RESULTS

Tuesday – Flexion (Back, Biceps, Hamstrings, Abs)

- Renegade DB Row (Back) – 3 x 20 (10 each side)
- Pullups (Back) – 4 sets to failure
- Physioball Glute/Ham Raise (Hamstrings/Glutes) – 3 x 10-15
- Single Leg 3 way med ball RDL and reach (Hamstrings/Glutes) – 2 x 6 each direction each leg
- Reciprocal Balance DB curls (Biceps) – 3 x 10-12 each side
- Prone Ball Tuck Rotations (Abs) – 3 x 20 (10 each side)
- Med Ball "X" Crunch (Abs) – 4 x 15 (2 sets each side)

KILLER EXERCISE!

Wednesday - OFF

Thursday – Extension (Chest, quads, shoulders, triceps, calves, abs, low back)

- Burpees Pushup Pyramid (Chest) – 3 pyramids (10 descending to 1)
- 1 Arm DB deadlift (2 x 12 left arm, 2 x 12 right arm) – SS w/ bodyweight jump Squats (Quads) – 4 x 15
- DB Twisting Ball Hyperextensions (Low Back) – 3 x 20 (10 each side)
- Physioball Bench Dips – 1 leg if possible (Triceps) – 3 sets to failure
- Reciprocal 1 Leg Cable Overhead Extensions (Triceps) – 4 x 8-12 (2 each side)
- Plate Figure 8's (Shoulders) – 4 x 10-12
- Prone Elbow to Knee Tucks (Abs) – 3 x 20-30 (10-15 each leg)

EMPHASIZE ADEQUATE REST!

Friday – Flexion (Back, Biceps, Hamstrings, Abs)

- Physioball Hamstring Triset (Hamstrings) – (15,15,15 – 3 x through)
- Rear Lunge and DB Curl (Biceps) – 2 x 12 left leg, 2 x 12 right leg
- Alternating Cable Rotation Rows (Back) – 3 x 20 (10 each side)
- Single Leg Reciprocal Bent Over DB Row (Back) – 2 x 10-12 left arm/right leg, 2 x 10-12 right arm/left leg
- 90 Degree Chin Up Holds (Biceps) – 3 sets to failure
- Miniband Bridge March (Glutes/Hips) – 4 x 20 (10 each side)
- Canoe Crunches – 4 x 15-20

HOW I BUILT
BICEPS EVEN
AS A KID!

Saturday & Sunday – OFF (GET OUT AND PLAY!)

REST
AGAIN!

EXERCISE DESCRIPTION:

- Lateral Plyopushups – SS w/ Reciprocal 1 Leg Cable Fly (Chest superset) – Perform the pushup portion of this superset as you would a normal pushup, however, in this version you are going to explode up on the ascent, lifting your arms from the ground, and landing on a point lateral to where you took off. Think of it as side to side hopping, except with your arms...and a pushup thrown in between! Aim to land softly, which places a greater requirement on the core and stabilizing muscles to absorb the impact. Immediately stand and perform cable fly. For this exercise, start by standing on right leg perpendicular to the stack, with cable in left hand at chest level. Arm should be fully extended towards the machine. Proceed to pull arm towards the midline until it reaches a point directly in front of the chest. Keep the core firing at all times and maintain your balance! Complete superset and repeat, using opposite arm/leg combo.
- DB Swings (Quads) – Done like KB swings. Key points: Keep arms straight holding end of dumbbell (dumbbell lengthwise), Head and shoulders up at all times, Sit “into” hips, Power movement with explosive contraction of quads/hamstrings/glutes while engaging core throughout. Lighter weight and higher reps (20-40) to really kick the fat burning into overdrive. Heavier weight and lower reps (8-15) for explosive power and development.
- Single Leg Z Jumps with DB’s (5 jumps fw/bw x 10) (Quads) – Stand holding DBs at your side and feet together. Partially squat to load the legs and explode off the right leg laterally, landing on the left. Immediately recoil and explode forward and to the right, landing on the right leg. Continue to follow the pattern of a “Z” on the floor and return, without stopping, to the start by jumping backwards. Perform 10 “Z”s forward and backward each set.
- DB Pivot Press (Shoulders) – In standing, begin with DBs at chest height and together. Feet should be shoulder width apart. Power the DBs up overhead while turning to the left (pivoting off the right foot). Return to the starting position and repeat to the right. Alternate directions for duration of the set.
- Dolphins (Low Back) – Lie prone on a physioball, making sure to center the ball beneath the hips. Start with your forearms and toes in contact with the floor and your core tightly stabilized. Keeping the feet together, raise the legs in the air as

GUYS ARE
FORGETTING
THESE
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MAY
WANT TO
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DOWN A
BIT.

CHECK w/
MF ABOUT
ARTICLE
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LENGTH
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— TAKE PICTURES OF EACH — By MONDAY

high as you can by contracting the glutes and lower back. Hold at the top position for 3 seconds and then slowly lower to the starting position.

- Prone Physioball DB Tricep Kickbacks (Triceps) – Lie face down with your chest centered on a physioball, holding DBs in each hand, and with feet slightly wider than shoulder width apart. Bend elbows to 90 degrees and keep upper arms firmly pressed against your torso. Without allowing the elbows to drop lower than or drift away from the torso, extend the elbows straight back as far as you can until triceps are maximally contracted. Be sure to engage the abs throughout in order to maintain balance on the ball during the exercise.
- Backwards Overhead Cable Kick Outs (Abs) – Stand facing away from a high pulley, holding cable at arms length overhead (with sufficient weight to ordinarily pull the torso backwards) and maintaining an upright posture. Attempt to raise one leg forward without letting the upper torso tilt backward at all. Alternate leg kicks.
- Renegade DB Row (Back) – Assume pushup plank position with hands on dumbbells on the ground, and feet about shoulder width apart. Alternate rowing DB while keeping elbows tight to side and core engaged throughout.
- Pullups (Back) – The hallmark of true function is to be able to move the body efficiently through space. Nothing beats this old standby for developing a beach worthy back while you're at it.
- Physioball Glute/Ham Raise (Hamstrings/Glutes) – Kneel with a physioball in front of you, your feet firmly anchored and your hips fully extended. Using the ball as a spot, allow it to roll forward as you move your upper torso lower. The hamstrings and glutes should be firing eccentrically like never before. Descend only as far as you can control and then squeeze the glutes and contract the hamstrings to return to the upright position.
- Single Leg 3 way med ball RDL and reach (Hamstrings/Glutes) - Begin by standing on one leg with a medicine ball in your hands. Slightly bend your knee and reach as far forward as you can and then stand up, making sure to use hip extension as the motor of the movement. The next way to reach is inside as far as you can and then return to a standing position. The last way is to reach away, outside your stance leg and then return to a standing position. Make sure to contract your glutes when you stand all the way back up.
- Reciprocal Balance DB curls (Biceps) – Hold a DB in one hand and stand on the opposite leg. Curl the DB in perfect form, holding the core in place and attempting to keep the shoulders level throughout, without any loss of balance.
- Prone Ball Skiers (Abs) – Assume pushup plank position with toes centered in physioball (start with knees or shins centered on ball if just beginning). Holding core tight, roll ball towards head by pulling knees in toward the chest. Alternate right and left hip rotations by turning knees to alternate sides while crunching.
- Med Ball "X" Crunch (Abs) – Lie on your back with legs straight and arms outstretched overhead, holding medicine ball in one hand. Crunch up, bringing left leg and right arm (one holding the med ball to start) together to meet over the midsection (at the top of the crunch). Complete set and repeat with opposite hand and leg.

GOOD CORE ACTIVATION!

SHOW
BEGINNING
AND
ENDING
POSITION
OF
EACH SO
IT'S VERY
CLEAR
FOR
EVERYONE
READING
MY
ARTICLE!

CHEST CRUSHER! NOT FOR THE WEAK OF WILL!



• Burpees Pushup Pyramid (Chest) – The standard military exercise...with a twist. Quickly drop to the floor and get into a pushup position. Perform 10 pushups and immediately hop back up to starting standing position. Quickly reverse direction and perform second burpee followed this time by 9 pushups. Complete descending pushup reps until 1 pushup is performed.

• 1 Arm DB deadlift – SS w/ DB jump Squats (Quads) – Its not often that we load our bodies symmetrically during any athletic movement. This exercise recreates that situation like no other. Stand tall with a heavy DB to the outside of your right foot. Squat down keeping your head and shoulder up and grab the DB with your right hand. Return to the standing position making sure to keep the shoulders level! The tendency is to droop the shoulder on the DB side...DON'T. Complete the desired number of reps and immediately switch the DB for one 1/4 the weight and perform a set of explosive jump squats, extending the arms and DB overhead at the top of the jump. Land softly into the squat and quickly reverse direction into the next power leap.

• DB Twisting Ball Hyperextensions (Low Back) – Lie prone on a physioball, making sure to center the ball on the hips, and anchor your feet/ankles for support. Holding a DB with two hands close to and in the middle of the chest, allow your upper torso to flex over the ball to start. Now, contract the glutes and back extensors to lift the upper torso. While lifting, rotate the shoulders to one side and hold at the top for a count of 3. Lower and repeat by lifting and twisting to the opposite side. Complete set, alternating directions each rep.

• Physioball Bench Dips – 1 leg if possible (Triceps) – Position yourself as you would for an ordinary bench dip, except this time, place a physioball under your legs (the further out towards the heels that you place the ball, the more your core will have to work furiously to keep you on the ball). For a real challenge, place 1 heel only on the ball, with the other leg suspended in air. Complete a set of dips in this manner without losing your balance. Good luck!

• Reciprocal 1 Leg Cable Overhead Extensions (Triceps) – Here's that "reciprocal" word again! Perhaps sports most common paired movement pattern...opposite arm/leg extension. Think tennis serve, pitching, off balance jump shot, volleyball serve/spike, etc. To do this exercise, grab a low pulley with one hand and balance on the opposite leg. Keep a slight arch in your low back and begin the exercise by slightly flexing the stance knee, and bending the cable holding elbow behind your head (your upper arm should be almost vertical to the ground). Simultaneously and explosively extend your elbow straight overhead while coming out of the semi-squat to a tall position. Your quad and triceps on opposite sides should be doing all the work, oh yeah, with a lot of help from the abs to make sure you don't topple over while doing so. Complete set and switch arm/leg combo for next set.

Plate Figure 8's (Shoulders) - Stand with feet shoulder width apart, core tightened and hold a plate (no more than 15lbs) at arms length in front of you. Start the exercise by lifting the plate until the arms are parallel to the floor. Keep a slight bend in the elbows and proceed to move the plate in a figure 8 pattern (picture an 8 lying on its side). Continue completing "8"s until sets conclusion and lower the plate when done.

GREAT
S.S.

ALTERNATE
SIDES

ALWAYS
GIVE
PROGRESSIONS
SO MY
GUYS
CAN
IMPROVE

UNIQUE SHOULDER BUILDER

CORE

• Prone Elbow to Knee Tucks (Abs) – Start from a plank position on the forearms and toes. Knees should be lifted and low back should be slightly rounded to engage the abs from the start. Begin by lifting one toe and the opposite forearm off the ground and pull them together, meeting just below the chest. Contract the abdominals hard at this point. Now, reverse direction, extending the arm out as far as you can in front of your head, and extending the leg as far back as you can, being sure to contract the glutes at the end to lift the hip into full extension. Lower the foot and forearm back to the ground to the original starting position and proceed to the next rep using the opposite leg/arm combo. Complete set in alternating fashion.

• Physioball Hamstring Triset (Hamstrings) – Perform this series of exercises without rest if you can for max results. Lie on your back with a physioball under your heels. Keeping your knees straight, core locked in, and arms out to your side (progress them to straight up in the air off the ground when core strength is superb), contract entire posterior chain to lift hips to the height of the ball. Hold for 5 seconds and lower. Repeat for 15 reps and move immediately to a “foot flat” position on the ball. Placing the soles of the feet firmly on the top of the ball, repeat the bridging exercise for 15 more reps. This time you’ll be get higher off the ground. Rise up to full hip extension. After the last rep is completed immediately assume the position from the first exercise of this triset with the legs straight, except this time get into the bridge and HOLD it throughout. Once bridging, pull the ball in using your heels towards your butt. Hold for 3 seconds and roll ball back out without sacrificing height on your bridge. Repeat for 15 reps and collapse!

• Rear Lunge and DB Curl (Biceps) – Stand holding DBs at your side, using a weight slightly heavier than what you would normally use on a standing DB curl. Begin by stepping back into a rear lunge. Return to standing by driving the rear leg forward and lifting the knee to chest height. Be sure not to let the torso or shoulders collapse forward while doing so. While driving the leg forward and up, curl the dumbbells as you would for a regular curl, making sure not to let the elbows drift far from your sides. This flexion/extension pattern is another common sports kinetic movement, as in the beginning of a pitcher’s windup.

• Alternating Cable Rotation Rows (Back) – Stand facing a cable machine (or use stretch cords), holding one in each hand at chest height. Begin by drop stepping with the right foot to about a 4 o’clock position on the face of a clock. Simultaneously pull the right elbow back, drawing the shoulder blade closer to the spine with the row. Return to center and repeat to the left on next rep. Continue to alternate directions with each repetition until set is completed.

• Single Leg Reciprocal Bent Over DB Row (Back) – One last time with the “reciprocal” word. Are you catching on how important it is now? Balance on one leg and bend at the hips to a point between upright and parallel to the ground, being sure to maintain a slight arch in the low back. Grasp a DB in the opposite hand of the leg you are standing on. Lock your torso into place by tightening your entire core, and perform a single arm row for the desired number of reps. Fight to keep your balance and keep your shoulders as level as you can throughout the exercise.

NO REST IS BEST HERE!

COMBO IS KEY FOR THESE!

FOOT PLACEMENT

DRILL THESE RECIPROCAL CONCEPT

MAYBE ADD BAND ASSISTANCE?

- 90 Degree Chin Up Holds (Biceps) – Simple to describe...not easy to perform, but the rewards are high. Get into a chinup position (hands facing you and shoulder width apart) with your head at or above bar level. DO NOT fold your upper arm onto your forearm! There should be no contact between them. Try to maintain a 90 degree angle at the elbow throughout. Now, hold. That's it. Hold. For as long as you can, contracting your biceps throughout. What's functional about this. Well, sports are competitive right? Challenge your will power to see how long you can hold until your body gives in, and blow up your biceps in the meantime.

DECEDE BY FINAL

- Miniband Bridge March (Glutes/Hips) – Glutes...the anchor of functional movement. Another great exercise to work them and the stabilizing hip rotators. Begin by lying on your back with your hands out to your sides and your knees bent, feet flat on the floor. Place a miniband around your thighs, just above the knees, and begin with enough knee separation to cause significant tension in the band. Lift your hips straight off the ground by firing the glutes, low back, and stabilizing the abdominals. Once you reach the point of full hip extension, hold the position (not allowing the knees to come together) and begin alternating marches. March by slightly lifting the foot off the floor (approx. 3 inches), making sure not to let the hips drop towards either leg. Hold the march position for 5 seconds, slowly lower the foot and repeat in alternating fashion to completion.

MUGE BENEFITS FROM A LITTLE PEECE OF EQUIPMENT

- Canoe Crunches – Sit on a mat in a semi-reclined position that allows you to be able to maintain your balance with your feet off the ground and your arms holding a plate (10 lbs is good) with both hands in front of your chest. Once balanced, start by slowly extending your legs out and reclining your torso in opposite directions. For this exercise you're going to want to round the low back and hollow out the abdominals as you recline for maximum stability. Now, reverse direction and explosively return to the starting position by contracting the abs and powering the obliques. Move the plate forward, down and back (as if paddling a canoe) to complete each crunch. Recline and repeat to the opposite side (don't want to paddle in circles after all do we?) Complete reps in alternating fashion.

LOTS OF CORE STRENGTH

★ GET FINAL REVISION INTO MF BY MONDAY★

POSSIBLE TITLE - 2007 SPRING "BREAK"OUT WORKOUT!